

|               |                          | <b>EXPOSURE</b> |                           |                                      |
|---------------|--------------------------|-----------------|---------------------------|--------------------------------------|
| <b>Hazard</b> | <b>Potential Effects</b> | <b>Sources</b>  | <b>Exposure Mechanism</b> | <b>Existing or Suggested Control</b> |
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| Hazard  | Potential Effects  | EXPOSURE  |   |  |
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|   |  | Sources   | Exposure Mechanism  | Existing or Suggested Control  |
| <p><i>Asbestos</i></p> <p>Resources:<br/>Chapter 7 - Indoor Air</p> <p>Handout:<br/><i>Asbestos</i></p> | <p>Inhalation</p> <ul style="list-style-type: none"> <li>② Irritant</li> <li>② Carcinogen</li> </ul> | <ul style="list-style-type: none"> <li>② Insulation</li> <li>② Fire-protective coatings on combustion equipment</li> <li>② Worn flooring</li> <li>② Exterior cladding</li> <li>② Roadside dust</li> </ul> | <ul style="list-style-type: none"> <li>② Air drawn in from outside</li> <li>② Tracked-in dust</li> <li>② Dust from remodeling</li> <li>② Dust from asbestos removal projects</li> </ul> | <ul style="list-style-type: none"> <li>② Cover and seal suspected asbestos-containing material and do not disturb</li> <li>② Use qualified contractor to remove asbestos-containing materials; remove occupants during and immediately after asbestos-removal project</li> <li>② Remove shoes at door or wipe feet on door mats</li> </ul> |

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| <p><i>Cleaning products</i></p> <p>Resources:<br/>Chapter 2 - Asthma<br/>Chapter 7 - Indoor Air<br/>Chapter 8 - Chemicals</p> <p><i>Handouts:<br/>Hazardous Household<br/>Products,<br/>Asthma<br/>Poison</i></p> | <p>Inhaled, ingested, or skin contact</p> <ul style="list-style-type: none"> <li>② Allergen</li> <li>② Irritant</li> <li>② Toxin</li> <li>② Carcinogen</li> </ul> | <ul style="list-style-type: none"> <li>② Improper selection of cleaning products</li> <li>② Improper use of cleaning products</li> <li>② Proper use of products, but by people who are allergic or sensitive to those products</li> <li>② Spills</li> <li>② Interaction between cleaning compounds</li> </ul> | <ul style="list-style-type: none"> <li>② Inhalation of fumes released during normal use drying</li> <li>② Abnormally high exposure from spills</li> <li>② Skin contact with caustic compounds or other irritants</li> <li>② Accidental ingestion - misidentification by children and others</li> </ul> | <ul style="list-style-type: none"> <li>② Reduce the need for cleaning products by using door mats or a shoes-off policy and by selecting easy-to-clean finishes and furnishings</li> <li>② Increase ventilation during drying period</li> <li>② Substitute less-toxic or non-toxic products</li> <li>② Follow proper storage, use, and disposal procedures</li> <li>② Clean when sensitive individuals are not present</li> <li>② Consider maintenance and cleaning requirements when remodeling or selecting new furnishings</li> </ul> |

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| <p><i>Combustion products</i></p> <p>Resources:<br/>Chapter 7 - Indoor Air</p> <p>Handouts:<br/><i>Carbon Monoxide &amp; Combustion Appliances, ETS-Secondhand Smoke, Fire Extinguishers, Poison, Smoke Detectors</i></p> | <p>Inhaled or ingested</p> <ul style="list-style-type: none"> <li>② Irritant</li> <li>② Toxin</li> <li>② Carcinogen</li> </ul> | <ul style="list-style-type: none"> <li>② Combustion in the house</li> <li>② Traffic</li> <li>② Neighbors (residential, commercial, or industrial)</li> </ul> | <ul style="list-style-type: none"> <li>② Air drawn in from outside</li> <li>② Spillage from vented combustion devices: furnace, boiler, fireplace, wood stove, water heater</li> <li>② Unvented space heaters</li> <li>② Hobbies</li> <li>② Tobacco</li> </ul> | <ul style="list-style-type: none"> <li>② Clean and inspect chimney and flue annually</li> <li>② Maintain equipment</li> <li>② Professional inspection for backdrafting</li> <li>② Avoid unvented space heaters</li> <li>② Provide positive exhaust for any combustion equipment</li> <li>② Provide outdoor air source for combustion equipment</li> </ul> |

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| <p><i>Dust/Particles</i></p> <p>Resources: There are references to particles in Chapters 2-9, depending on the nature of the particles.</p> <p><i>Handouts:<br/>Cleaning,<br/>Carpet,<br/>Asthma,<br/>Ozone</i></p> | <p>Inhaled</p> <ul style="list-style-type: none"> <li>② Irritant</li> <li>② Allergen</li> <li>② Carcinogen</li> </ul> | <ul style="list-style-type: none"> <li>② Combustion, including tobacco smoke, wood stoves, and outdoor trash fires</li> <li>② Nearby road traffic</li> <li>② Nearby exposed dirt/sand</li> <li>② Tracked-in dirt</li> <li>② Pets</li> <li>② Skin flakes</li> <li>② Fabric, paper, or mineral fibers</li> <li>② Indoor dust</li> <li>② Dust mites</li> </ul> | <ul style="list-style-type: none"> <li>② Dust disturbed during cleaning (e.g., sweeping, vacuuming)</li> <li>② Dust disturbed by wind</li> <li>② Proximity to combustion source (e.g., smoker, wood stove, trash fire)</li> </ul> | <ul style="list-style-type: none"> <li>② Remove shoes when entering house or wipe shoes on floor mat</li> <li>② Avoid indoor (furry or feathered) pets</li> <li>② Use vacuum with HEPA filter</li> <li>② Control indoor humidity to discourage dust mites</li> <li>② Wash bedclothes in hot water</li> <li>② Minimize upholstery, carpeting, other dust-catching furnishings</li> </ul> |

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| <p><i>Fire</i></p> <p><i>Handouts:<br/>General Safety,<br/>Fire Extinguishers,<br/>Smoke Detectors,<br/>Carbon Monoxide &amp;<br/>Combustion Appliances</i></p> | <p>Lung damage, burns, or death</p> | <ul style="list-style-type: none"> <li>② Combustion in house or yard</li> </ul> | <ul style="list-style-type: none"> <li>② Indoor smoking</li> <li>② Electrical malfunction</li> <li>② Misuse of electrical heating appliances</li> <li>② Cooking accident</li> <li>② Chimney fire (e.g., fireplaces, woodburning stoves)</li> <li>② Spontaneous combustion of flammable materials</li> <li>② Hobby/workshop use of propane torch</li> <li>② Children playing with matches</li> </ul> | <ul style="list-style-type: none"> <li>② Install and maintain smoke detectors</li> <li>② Keep and maintain fire extinguishers in kitchen, basement, garage</li> <li>② Prohibit indoor smoking</li> <li>② Store flammable materials and trash away from house</li> <li>② Clean, inspect and maintain fireplace and wood burning stove chimneys/flues</li> <li>② Upgrade electrical system to handle load; avoid overuse of extension cords</li> <li>② Repair or replace frayed or defective electrical cords</li> <li>② Do not leave fires unattended</li> <li>② Control hobby and workshop areas to maintain clean, safe conditions</li> <li>② Store matches &amp; lighters out of reach of children</li> <li>② Use electrical outlet covers on unused outlets (homes with young children)</li> </ul> |

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| <p><i>Food borne and water-borne pathogens</i></p> <p><i>Handouts:<br/>Food Safety,<br/>Hygiene</i></p> | <p>Ingestion</p> <ul style="list-style-type: none"> <li>② Toxin</li> <li>② Pathogen</li> </ul> | <ul style="list-style-type: none"> <li>② Contaminated food</li> <li>② Improperly-stored food</li> <li>② Contaminated water</li> </ul> | <ul style="list-style-type: none"> <li>② Ingestion of contaminated food or water or spoiled food</li> </ul> | <ul style="list-style-type: none"> <li>② Boil or filter water or use bottled water for drinking if contamination is suspected</li> <li>② Cook food thoroughly to destroy bacteria</li> <li>② Store food properly; maintain refrigerator and freezer cold enough to retard spoilage</li> <li>② Use food within recommended time period after purchase</li> <li>② Discard suspect food items without eating them</li> <li>② Do not allow pests to live in house</li> </ul> |

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| <p><i>Formaldehyde</i></p> <p>Resources:<br/>Chapter 2- Asthma<br/>Chapter 7 - Indoor Air</p> <p>Handouts:<br/><i>Formaldehyde,</i><br/><i>Asthma</i></p> | <p>Inhaled</p> <ul style="list-style-type: none"> <li>② Irritant</li> <li>② Allergen</li> <li>② Carcinogen</li> </ul> | <ul style="list-style-type: none"> <li>② Composition wood products (e.g., particleboard, plywood)</li> <li>② Resins</li> <li>② Adhesives</li> <li>② New furnishings</li> </ul> | <ul style="list-style-type: none"> <li>② Inhalation of fumes released during curing process</li> </ul> | <ul style="list-style-type: none"> <li>② Seal formaldehyde-containing materials completely</li> <li>② Select materials that do not contain formaldehyde</li> <li>② Allow time for new furnishings (e.g., furniture, carpet) to cure after installation and before occupancy</li> </ul> |



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| <p><i>Lead</i></p> <p>Resources:<br/>Chapter 4 -Lead<br/>Chapter 7 - Indoor Air</p> <p><i>Handouts:<br/>Lead,<br/>Cleaning</i></p> | <p>Chronic poisoning by ingestion or inhalation</p> | <p>Lead compounds from:</p> <ul style="list-style-type: none"> <li>② Lead-based paint and paint dust</li> <li>② Soil contaminated with lead from gasoline and other leaded petroleum distillates</li> <li>② Plumbing piping (e.g., lead pipe, lead solder)</li> </ul> | <ul style="list-style-type: none"> <li>② Eating paint chips</li> <li>② Hand-to-mouth transfer of dust from painted surfaces</li> <li>② Inhalation or ingestion of lead-containing soil and dust tracked into the home</li> <li>② Drinking lead-contaminated water</li> <li>② Contact with old, lead-containing toys</li> </ul> | <p>If lead is suspected, test to confirm its presence in water, paint or other materials</p> <ul style="list-style-type: none"> <li>② Flush water pipes before drinking by running water for 1-2 minutes full force</li> <li>② Temporary controls- repair damaged painted surfaces; cover lead-contaminated soil with (non-food) plantings</li> <li>② Permanent controls- use a qualified professional to remove lead-contaminated materials</li> <li>② Control moisture to avoid blistering of lead paint</li> <li>② Clean up paint chips immediately (Renters - notify the landlord promptly when you are aware of chipping or peeling paint)</li> <li>② Wash children's hands often, especially before meals and before nap or bed time</li> <li>② Keep play areas clean, including floors, window frames, window sills, and other surfaces. Rinse cleaning sponges and mops thoroughly after cleaning dirty and dusty surfaces.</li> <li>② Prevent children from chewing on painted surfaces such as window sills.</li> <li>② Remove or clean shoes before entering house to avoid tracking in dust</li> <li>② Feed children nutritious, low-fat meals high in iron and calcium. (A good diet helps to reduce lead absorption.)</li> </ul> |

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| <p><i>Mold</i></p> <p>Mold will grow wherever it can find sources of moisture and nourishment.</p> <p>Resources:<br/>Chapter 2 - Asthma,<br/>Chapter 6 - Mold,<br/>Chapter 7 - Indoor Air,<br/>Appendix - Regional Concerns</p> <p><i>Handouts:</i><br/><i>Moisture &amp; Mold,</i><br/><i>Asthma,</i><br/><i>Cleaning,</i><br/><i>Crawlspaces,</i><br/><i>Food Safety,</i><br/><i>Poison</i></p> | <p>Inhaled, ingested</p> <ul style="list-style-type: none"> <li>☛ Irritants</li> <li>☛ Allergens</li> <li>☛ Opportunistic pathogens</li> <li>☛ Toxins</li> </ul> | <ul style="list-style-type: none"> <li>☛ Moist carbon-containing materials - wood, paper, food, fabrics</li> <li>☛ Wet or damp dusty surfaces</li> <li>☛ Bird or bat droppings</li> </ul> | <ul style="list-style-type: none"> <li>☛ Ingestion of moldy food.</li> <li>☛ Inhalation of air containing mold spores, mold parts or byproducts (note: many fungal spores are small enough to remain airborne for substantial lengths of time)</li> </ul> | <ul style="list-style-type: none"> <li>☛ Proper food storage and disposal</li> <li>☛ Keep the building dry - repair water leaks (e.g., roofs, gutters, drainage, plumbing) promptly, prevent water entry from outside, and control indoor humidity and condensation</li> <li>☛ Use highest quality filters compatible with air moving equipment; replace regularly</li> <li>☛ Sanitary housekeeping practices - clean and disinfect (follow cleaning guidance); dispose of contaminated materials</li> <li>☛ Use personal protection (respirators, eye protection) during cleaning and decontamination</li> <li>☛ Provide adequate ventilation for moist areas (e.g., kitchen, bathroom) including mechanical exhaust ventilation</li> </ul> |

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| <p><i>Paints &amp; Varnishes</i></p> <p>Resources:<br/>Chapter 2 - Asthma<br/>Chapter 7 - Indoor Air<br/>Chapter 8 -Chemicals</p> <p><i>Handouts:</i><br/><i>Hazardous Household Products,</i><br/><i>Asthma,</i><br/><i>Art/Crafts/Hobbies,</i><br/><i>Poison</i></p> | <p>Inhaled, ingested, or skin contact</p> <ul style="list-style-type: none"> <li>☛ Allergen</li> <li>☛ Irritant</li> <li>☛ Toxin</li> <li>☛ Carcinogen</li> </ul> | <ul style="list-style-type: none"> <li>☛ Wet paints/varnishes</li> <li>☛ Drying/curing paints &amp; varnishes</li> <li>☛ Dust and chips of dried paint</li> </ul> | <ul style="list-style-type: none"> <li>☛ Inhalation of fumes from wet or newly-applied paints/varnishes</li> <li>☛ Skin contact with wet paint/varnish</li> <li>☛ Ingestion of paint chips or dust</li> <li>☛ Accidental ingestion of paints, varnishes, or solvents by children</li> </ul> | <ul style="list-style-type: none"> <li>☛ Select the least toxic products that will accomplish the job (bear in mind cleaning requirements and life expectancy)</li> <li>☛ Use products that are durable and easy to clean</li> <li>☛ Remove residents during painting and keep them away during drying</li> <li>☛ Increase ventilation during drying/curing</li> <li>☛ Proper storage</li> <li>☛ Proper disposal</li> </ul> |

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| <p><i>Pesticides</i><br/><i>See also Pests</i></p> <p>Resources:<br/>Chapter 8 - Chemicals<br/>Chapter 9 - Pests</p> <p><i>Handouts:</i><br/><i>Pest Control,</i><br/><i>Hazardous</i><br/><i>Household</i><br/><i>Products,</i><br/><i>Poison</i></p> | <p>Acute and chronic poisoning by ingestion, inhalation, and skin absorption</p> | <ul style="list-style-type: none"> <li>② Pesticides (fumes, liquids, solids) - direct contact</li> <li>② Pesticide-contaminated food</li> <li>② Pesticide-contaminated soils</li> </ul> | <ul style="list-style-type: none"> <li>② Consumption of pesticide-contaminated food or water (also consumption of dirt, mothballs, and rat poison by babies and young children)</li> <li>② Hand-to-mouth transfer or skin absorption after contact with pesticide-contaminated materials</li> <li>② Inhalation, skin absorption, or hand-to-mouth transfer during use of pesticides</li> </ul> | <ul style="list-style-type: none"> <li>② Avoid use of pesticides by adopting IPM strategies</li> <li>② Wear painter's respirator and disposable gloves when using pesticides, wash thoroughly after use</li> <li>② Regular handwashing, especially before meals, naps and bedtime</li> <li>② Good housekeeping practices - vacuum and wash surfaces regularly</li> <li>② Remove shoes at door and use good doormats</li> <li>② Be aware of pesticide usage in your neighborhood -- keep children and pets away from treated areas and indoors during pesticide application</li> <li>② Secure storage</li> <li>② Proper disposal</li> <li>② Air mothballed clothes before wearing</li> </ul> |

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| <p><i>Pests</i><br/> <i>See also Pesticides</i></p> <p>Resources:<br/>                     Chapter 9 - Pests</p> <p><i>Handouts:</i><br/> <i>Pest Control,</i><br/> <i>Hantavirus</i></p> | <p>Inhaled, ingested, injected</p> <ul style="list-style-type: none"> <li>② Irritants</li> <li>② Allergens</li> <li>② Pathogens</li> <li>② Toxins</li> </ul> | <ul style="list-style-type: none"> <li>② Insects, spiders, mites, rodents, birds</li> <li>② Droppings, urine, saliva</li> <li>② Body parts, fur &amp; feathers, dander, eggs</li> <li>② Venom</li> </ul> | <ul style="list-style-type: none"> <li>② Inhalation or ingestion of dander, fur/hair, feather particles, skin scales, insect/mite/spider eggs and body parts</li> <li>② Poisoning from pesticide exposure (see Pesticides)</li> <li>② Pathogens - hantavirus, rabies, histoplasmosis</li> <li>② Venom from bites and stings</li> </ul> | <ul style="list-style-type: none"> <li>② Exclusion - seal possible entries, screen windows and doors</li> <li>② Filter incoming air</li> <li>② Eliminate food and water sources</li> <li>② Minimize available shelter - reduce clutter, vacuum, dust, and wash surfaces regularly</li> <li>② Handwashing</li> </ul> |

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| <p><i>Pets</i></p> <p>Resources:<br/>Chapter 3 - Dust<br/>Chapter 8 - Chemicals</p> <p><i>Handouts:</i><br/><i>Cleaning,</i><br/><i>Asthma</i><br/><i>Pest Control</i></p> | <ul style="list-style-type: none"> <li>② Allergies</li> <li>② Asthma</li> </ul> | <ul style="list-style-type: none"> <li>② Dander</li> <li>② Fur/hair</li> <li>② Feathers</li> <li>② Bedding</li> </ul> | <ul style="list-style-type: none"> <li>② Inhalation or ingestion of dander, fur/hair, feather particles, skin scales</li> <li>② Poisoning from pesticide exposure (flea treatments)</li> <li>② Tracked-in dust, which may contain lead, other toxins or allergens</li> <li>② Food and water supplies for pets attract pest species</li> <li>② (Rarely) pathogens such as parrot fever, cat scratch fever, rabies, tularemia</li> </ul> | <ul style="list-style-type: none"> <li>② Avoid keeping indoor pets</li> <li>② Regular vacuuming and washing of indoor surfaces</li> <li>② Store pet food in secure containers; wash food dishes regularly and do not leave uneaten food sitting in dishes</li> <li>② Wash pets regularly (once/week)</li> <li>② Wash hands after touching pets</li> <li>② Keep pets healthy with regular shots</li> <li>② Consider non-pesticide based flea control</li> </ul> |

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| <p><i>Plants</i></p> <p>Resources:<br/>Chapter 2 - Asthma</p> <p><i>Handouts:</i><br/><i>Poisonous Plants,</i><br/><i>Poison,</i><br/><i>Asthma</i></p> | <p>Inhaled, ingested, or skin contact</p> <ul style="list-style-type: none"> <li>☛ Irritant</li> <li>☛ Toxin</li> <li>☛ Allergen</li> </ul> <p>Choking hazard<br/>Thorns/spines/ bristles</p> | <ul style="list-style-type: none"> <li>☛ Indoor house plants</li> <li>☛ Outdoor plants (e.g., in yard)</li> </ul> | <ul style="list-style-type: none"> <li>☛ Ingestion of toxic or irritating fruits, leaves, or other plant parts</li> <li>☛ Skin contact with irritating sap/resin from leaves or stem</li> <li>☛ Inhalation of smoke containing toxins or allergens from burning plants (e.g. poison ivy)</li> <li>☛ Puncture wounds, cuts, scratches, splinters &amp; thorns</li> </ul> | <ul style="list-style-type: none"> <li>☛ Exercise caution in selecting and locating outdoor and indoor plants</li> <li>☛ Identify unfamiliar plants before touching them</li> <li>☛ Protect hands, eyes, and skin from exposure and injury</li> <li>☛ Control watering and provide overflow protection for indoor plants to avoid mold problems</li> </ul> |

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| <p><i>Radon</i></p> <p>Resources:<br/>Chapter 7 - Indoor Air</p> <p>Handout:<br/><i>Radon</i></p> | <p>Inhalation</p> <ul style="list-style-type: none"> <li>② Carcinogen</li> </ul> | <ul style="list-style-type: none"> <li>② Soil</li> <li>② Radium-containing building stone (unusual)</li> <li>② Well water</li> </ul> | <ul style="list-style-type: none"> <li>② Air entering buildings through loose soil/gravel</li> <li>② Gas volatilized from well water during showers, cooking</li> <li>② Emanation from radium-bearing stone (e.g. granite floors, mantelpieces - this is unusual)</li> </ul> | <p>Measure indoor radon levels, following EPA and state guidelines for time, location, and duration of test.</p> <ul style="list-style-type: none"> <li>② Control indoor-outdoor pressure relationship to maintain neutral to positive pressure in ground contact rooms</li> <li>② Prohibit indoor smoking and minimize other sources of dust/particles</li> <li>② Seal visible entry points</li> <li>② Treat entering water to remove radon</li> <li>② Remove radium-bearing materials from building</li> </ul> |



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|--|--|---|---|---|
|  |  | Sources   | Exposure Mechanism  | Existing or Suggested Control   |
| <p><i>Tobacco smoke</i></p> <p>Resources:<br/>Chapter 5 - ETS<br/>Chapter 7 - Indoor Air</p> <p>Handouts:<br/><i>ETS-Secondhand Smoke,</i><br/><i>Asthma</i><br/><i>Poison</i></p> | <p>Inhaled or ingested</p> <ul style="list-style-type: none"> <li>② Irritant</li> <li>② Toxin</li> <li>② Carcinogen</li> </ul> | <ul style="list-style-type: none"> <li>② Direct use (smoking)</li> <li>② Indirect exposure (second-hand smoke)</li> <li>② Exposure to smoke-saturated clothing, upholstery or other soft furnishings</li> </ul> | <ul style="list-style-type: none"> <li>② Inhalation of tobacco smoke and constituent chemicals, either due to direct exposure or exposure to re-emitted volatile compounds</li> </ul> | <ul style="list-style-type: none"> <li>② Prohibit indoor smoking</li> <li>② Provide exhaust ventilation and limit smoking to areas with exhaust ventilation</li> <li>② Regular cleaning of fabric (upholstery, clothing)</li> </ul> |

|   |   | <b>EXPOSURE</b>   |   |   |
|---|---|---|---|---|
| <b>Hazard</b>   | <b>Potential Effects</b>  | <b>Sources</b>  | <b>Exposure Mechanism</b>   | <b>Existing or Suggested Control</b>  |
| <p><i>Unsanitary conditions</i></p> <p>Resources:<br/>Chapter 2 - Asthma<br/>Chapter 6 - Mold</p> <p>Handouts:<br/>Asthma<br/>Moisture &amp; Mold<br/>Hygiene</p> | <p>Unsanitary locations can provide habitats for the growth of bacteria and molds, as well as pest species. Contact with unsanitary conditions in one location leads to cross-contamination as the individual carries dirt to other locations.</p> <p>Inhaled or ingested</p> <ul style="list-style-type: none"> <li>② Allergen</li> <li>② Toxin</li> </ul> | <ul style="list-style-type: none"> <li>② Dirty dishes</li> <li>② Unclean surfaces</li> <li>② Insects</li> <li>② Grease</li> <li>② Unwashed hands</li> </ul> | <ul style="list-style-type: none"> <li>② Cross-contamination</li> <li>② Accidental ingestion</li> <li>② Inhalation of contaminated air</li> </ul> | <ul style="list-style-type: none"> <li>② Thorough clean-up</li> <li>② Increased ventilation</li> <li>② Use disinfectant</li> <li>② Education</li> <li>② Food thermometer</li> </ul> |